

[Date]

RE: Request for mental health services and/or continued developmental and medical services for [Child's Name][DOB]

Dear [Name],

I am writing to you as the caregiver of [Child's Name]. I have been caring for [Child's Name] over the past [months/years]. In my observations of [Child's Name], I have noted that he/she is displaying the following concerning behaviors: (mark behaviors applicable to child)

- | | |
|---|--|
| <input type="radio"/> Sleep difficulties | <input type="radio"/> Aggression, e.g. hitting, biting, fighting |
| <input type="radio"/> Changes in appetite | <input type="radio"/> Negative interactions |
| <input type="radio"/> Toileting difficulties | <input type="radio"/> Temper tantrums |
| <input type="radio"/> Trouble in school, e.g. fighting, poor grades | <input type="radio"/> Impulsive behaviors |
| <input type="radio"/> Attention difficulties | <input type="radio"/> Involvement of law enforcement |
| <input type="radio"/> Anxiety/Vigilance/Fearfulness | <input type="radio"/> Withdrawn/shut down behavior |
| <input type="radio"/> Lack of communication | <input type="radio"/> Lack of social engagement |
| <input type="radio"/> Diminished play and/or exploration | <input type="radio"/> Sensory sensitivity or indifference |
| <input type="radio"/> Changes in mood | <input type="radio"/> Developmental delays |
| <input type="radio"/> Avoidance of: _____ | <input type="radio"/> Self-harm |

These behaviors can indicate that the child stress responses from the transition/trauma/neglect they have experienced and the child needs an updated mental health evaluation. **I would like to request a new mental health evaluation based on these concerning behaviors.**

In addition, while this child is in transition with their living environment, I strongly recommend that the child continue to have **regular primary care visits (every 3-4 months) with their physician**. If the child is receiving developmental/educational assistance, I also request that these services consistently continue to support [Child's Name] development.

Yours truly,

[Insert your name]